



## HEPBURN SENIOR CENTER NEWSLETTER

### From the Senior Coordinator



**Mr. Victor de Souza, Senior Services Coordinator**

I have managed the Senior Services Division of the Human Services Department/Hepburn Center for the past 22 years. During my tenure, like most long time Hallandale Beach residents, I have witnessed many changes in the City's infrastructure. The Hepburn Center has undergone facility renovations, as well as programmatic improvements. With the changing demographics, seniors from every nationality attend the

Center daily. The Center provides an array of program activities congruent with cultural needs. The Senior Program offers Computer Classes, Enhanced Fitness, Nutrition Classes, Transportation Services, Continental Breakfast and a nutritious lunch. All Holidays are celebrated with festive activities. It is important for you to know that activities provided are supported by seniors who volunteer their time and expertise to ensure programs are successful. Efforts are ongoing to maintain partnerships with other service providers throughout Broward

County to enrich the programs provided. The City, along with ADRC plays a very important role by providing the funding for the Senior Program each year. Their support makes the environment healthy for members to remain active and increase their independence. If you are 60 years old and over, and interested in becoming a member of the Senior Program please contact me at 954-457-1460 for more information.



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April-June 2010

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Come visit us. . . . .

Have you filled out your Census Form yet? The City of Hallandale Beach is asking for your help in shaping our Community's future. Every household in Hallandale Beach should have received the 2010 Census questionnaire. Please take 10 minutes of your time; complete the 10 question form and mail it back as soon as possible in

the self-addressed, pre-paid postage envelope. Your participation will help determine the distribution of more than \$400 billion per year in federal funding. More federal funding for our community means more money for schools, new jobs and even less taxes. It is imperative that every person living in your home be counted – both citizens

and non citizens, regardless of immigration status. Your information is 100% confidential and will not be shared with any other government agency. If you have questions about the 2010 Census please feel free to call City Hall at 954-457-1469 or visit us on the website at [www.hallandalebeachfl.gov](http://www.hallandalebeachfl.gov).



2010 CENSUS: IT'S IN OUR HANDS

Community Funding Depends on You



The future of our "Community" is in our hands!

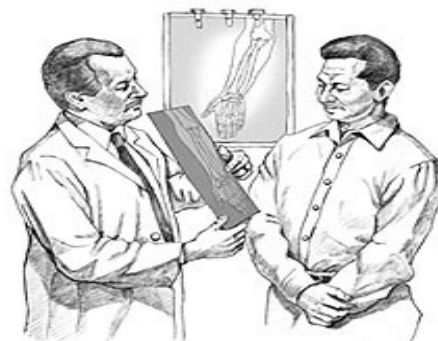
## Health and Wellness....

### OSTEOARTHRITIS...

is the most common form of Arthritis. Knee and Hip Osteoarthritis causes both pain and limited movement. It makes it more difficult to walk, climb stairs and perform task. Approximately 20% of adults 65 years and older suffer from knee Osteoarthritis. Scientific studies show that older people, especially older women are at the highest risk of developing Osteoarthritis. Unfortunately, there is no cure for it, however seniors

who recognize the signs and symptoms of Osteoarthritis can find medical assistance for this condition to live a normal life-style. There is no reason to be inhibited by the disease. Report the first signs of this illness to your primary doctor. Also, specific exercises, diet and medication prescribed by your Physician will provide some relief and comfort. You can obtain very detailed information by calling the Arthritis Foundation

at 1-800-283-7800. Additional, information can be found on the Arthritis Foundation Website: [www.arthritisfoundation.com](http://www.arthritisfoundation.com)



## Senior Wiz Quiz

### CIRCLE YOUR ANSWERS

1. Mike, six years old, is twice as old as his brother. How old will Mike be when he is one and a half times as old as his brother?  
9      7      8      10      12
2. If some Toogs are Bekes and some Bekes are Broons.  
Then some Toogs are definitely Broons.  
True      False      Neither
3. A flight of stairs in a 10 storey building has 15 steps. What is the total number of steps from the 1st floor to the 6th floor?  
A. 60    B. 75    C. 90    D. None of the Above
4. IF:  $2+3=10$  and  $7+2=63$   
And  $6+5=66$  and  $8+4=96$   
Then what is  $9+7=$   
A. 16    B. 63    C. 97    D. 144

## Coming Events

Easter Celebration: Egg Hunt and Hat Parade April 2nd 10am

RSVP Volunteer Appreciation at Signature Grand April 15th 10am

Human Services Department Community Partnership Appreciation April 29th 10am

Hepburn Senior Center Annual Pancake Breakfast and White Elephant Sale May 6th 7:30am to 11am

Mother's Day Celebration featuring Michael Jackson Impersonator May 7th 10am

BCOA brings Road Map for Seniors to Hallandale Beach Cultural Center May 27th 10am to 6pm

Father's Day Celebration Featuring Spookey Jones June 18th 10am

Trip to Hard Rock Casino June 29th 10am

## Director's Corner

Are you feeling hopeful for the future of our country? Do you believe education and good health are keys to prosperity? Well if you are concerned as I am, you will join me in advocating for our future? I am a member of many organizations that are working hard to ensure that services continue and are available to everyone. One of the organizations that the Hepburn Center has been affiliated with for many years is the Department of Elder Affairs. They are based in Washington., DC and they advocate for broad based issues that affect senior citizens. Right now, the main topics of concern are sustaining programs for the elderly and

providing cost effective healthcare. The rising cost of living has become a real challenge for seniors who live on fixed incomes. Many have worked for 30-40 years for retirement only to find out that the cost of living is greater than their income. In some cases seniors are forced to return to work in order to maintain a household and health benefits. Who ever thought that government programs like Social Security would be in jeopardy? Here, at the Hepburn Center we too have been affected by the economic down turn. As funding for Social Service Programs receive fewer dollars from the Federal Government the effects will trickle down to

programs that help residents locally. These are the current issues facing the elderly population today. I urge you to get involved with advocating for the programs and services for senior citizens. Attend local government meetings, speak to your elected officials, and watch educational programming like public television and C-Span to learn about the issues that will affect your future. They say knowledge is power; well you and I will need a lot of it to meet the challenges of the future.....

**Mrs. Marian McCann-Colliee, Director**



## Social Worker Column



**Ms. Beverley Wright,  
Social Worker,  
Senior Services**

As Senior Services Social Worker, I provide seniors with as many services available to help them remain and maintain their independence at home. Services include: Individual Counseling,

assistance applying for Social Security, Food Stamps, Medicaid, QMB Program and Electric Bill assistance with the Community Action Agency, applying for Commodity Food and Emergency Assistance, completion of forms, etc. In-Home Service Visits are available to individuals who are unable to come to Center due to

health reasons or lack of transportation. If the agency is unable to assist you , we will make a proper referral to other agencies to ensure your service needs are met. For assistance or information, please call 954-457-1460.

*Visit a Center that cares for the community!*

## Senior Focus.....

Mrs. Bell Allen is a 10 year member of the Hepburn Senior Center, and a resident of Hallandale Beach for the past 52 years. Bell has the blessed honor of having five children, ten grand-children and five great grand-children. She is an active

member of the Apostolic Church in Davie. Bell truly enjoys attending the Center. While at the Center, she is usually very busy giving a helping hand in the Thrift Boutique, assisting with special events or simply having fun in conversation with her friends sitting at their favorite table! Bell thinks every senior in Hallandale Beach should participate. "The

Center keeps you young and vibrant". Further Bell adds, "Exercise classes, free transportation, good food and much more is enough to get your interest."

**Mrs. Bell  
Allen**





# WE VALUE SENIORS AT THE HEPBURN CENTER



Lunch is great!

Join us for a swim!



You're never too old to learn English!

Girls, just wanna have fun!



We make new friends!

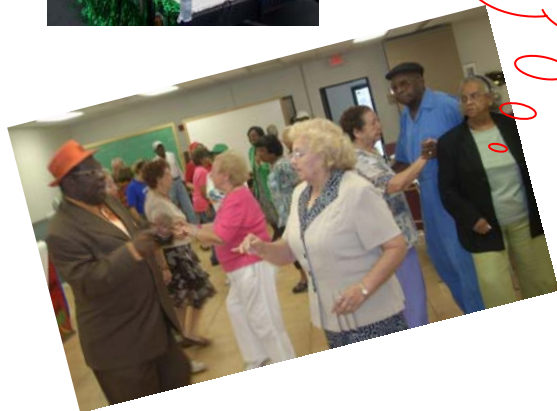


Little Old Ladies in the Shoe!



Crusin'!

Oldies but goodies dance!



We completed class!



Every day is a special day at the our Senior Center...

# CALENDAR OF ACTIVITIES ~ APRIL, 2010

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Thur Apr 1	Continental Breakfast <b>Enhance Fitness</b> <b>Computer Class</b> Socializing Lunch		Thur Apr 22	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch	
Fri Apr 2	Continental Breakfast <b>Enhance Fitness</b> <b>Computer Class</b> Socializing <b>Easter Hat Parade / Egg Hunt</b> Lunch	Mon Apr 12	Continental Breakfast <b>Enhance Fitness</b> ESOL Class Socializing <b>Winn-Dixie</b> Lunch	Fri Apr 23	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch
		Tues Apr 13	Continental Breakfast Socializing <b>Computer Class</b> Lunch		
	Wed Apr 14	Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch	Mon Apr 26	Continental Breakfast <b>Enhance Fitness</b> ESOL Class Socializing <b>Stroll Around Gulfstream</b> Lunch	
	Thur Apr 15	Continental Breakfast <b>Enhance Fitness</b> <b>Volunteer Luncheon: Signature Grand</b> <b>Computer Class</b> Lunch	Tues Apr 27	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch	
Mon Apr 5	Continental Breakfast <b>Enhance Fitness</b> ESOL Class Socializing <b>Wal-Mart</b> Lunch	Fri Apr 16	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch	Wed Apr 28	Continental Breakfast <b>Dollar Bingo</b> Socializing <b>Computer Class</b> Lunch
Tues Apr 6	Continental Breakfast <b>Family Nutrition Class</b> Socializing <b>Computer Class</b> Lunch		Thur Apr 29	Continental Breakfast <b>VOLUNTEER APPRECIATION</b> Socializing <b>Computer Class</b> Lunch 	
Wed Apr 7	Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch	Mon Apr 19	Continental Breakfast <b>Enhance Fitness</b> ESOL Class Socializing <b>Wal-Mart</b> Lunch	Fri Apr 30	Continental Breakfast <b>Spokey Jones (Dancing)</b> Socializing <b>Computer Class</b> Lunch
Thur Apr 8	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch	Tues Apr 20	Continental Breakfast <b>Senior Healthy Heart</b> Socializing <b>Computer Class</b> Lunch		
Fri Apr 9	Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch	Wed Apr 21	Continental Breakfast <b>Bingo</b> <b>Memory Board-Bring Photos</b> <b>Computer Class</b> Lunch		



# CALENDAR OF ACTIVITIES ~ MAY, 2010

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	<p>Wed May 12</p> <p>Continental Breakfast <b>\$Swap Shop\$</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Mon May 24</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Target</b> Lunch</p>
<p>Mon May 3</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>Computer Class Graduation</b> <b>Winn-Dixie</b> Lunch</p>	<p>Thur May 13</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Tues May 25</p> <p>Continental Breakfast <b>How is my Memory</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Tues May 4</p> <p>Continental Breakfast <b>Family Nutrition Class</b> <b>Rand Eye Institute: Glaucoma</b> <b>Computer Class</b> Lunch</p>	<p>Fri May 14</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>Older Americans Party</b> <b>Computer Class</b> Lunch</p>	
<p>Wed May 5</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>		
<p>Thur May 6</p> <p><b>Pancake Breakfast /</b> <b>White Elephant Sale</b> Socializing <b>Computer Class</b> Lunch</p> 	<p>Mon May 17</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Winn-Dixie</b> Lunch</p>	<p>Wed May 26</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Fri May 7</p> <p>Continental Breakfast <b>MOTHER'S DAY PARTY/</b> <b>FASHION SHOW</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Tues May 18</p> <p>Continental Breakfast <b>Better Living for Seniors</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Thur May 27</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>RoadMap for Seniors</b> <b>Computer Class</b> Lunch</p>
	<p>Wed May 19</p> <p>Continental Breakfast <b>Swap Shop</b> Socializing <b>Computer Class</b> Lunch</p>	
	<p>Thur May 20</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Fri May 28</p> <p>Continental Breakfast <b>Birthday Celebrations</b> <b>&amp; Dancing w/ Spookey Jones</b> <b>Computer Class</b> Lunch</p>
<p>Mon May 10</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Wal-Mart</b> Lunch</p>	<p>Fri May 21</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>Picnic at TY Park</b> <b>Computer Class</b> Lunch</p>	
<p>Tues May 11</p> <p>Continental Breakfast <b>Computer Class</b> Socializing <b>Palm Gardens Rehabilitation Services</b> Lunch</p>		

# CALENDAR OF ACTIVITIES ~ JUNE, 2010

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<p>Tues Jun 1</p> <p>Continental Breakfast <b>Family Nutrition Class</b> Socializing <b>Computer Class</b> Lunch</p>		<p>Wed Jun 23</p> <p>Continental Breakfast <b>Dollar Bingo</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Wed Jun 2</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Mon Jun 14</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Target</b> Lunch</p>	<p>Thur Jun 24</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Thur Jun 3</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Tues Jun 15</p> <p>Continental Breakfast <b>Humana HealthCare</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Fri Jun 25</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>Dinner Theater Trip</b> <b>Computer Class</b> Lunch</p>
<p>Fri Jun 4</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>\$Sawgrass Mall-Lunch on Your Own\$</b> <b>Computer Class</b> Lunch</p>	<p>Wed Jun 16</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Mon Jun 28</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Wal-Mart</b> Lunch</p>
	<p>Thur Jun 17</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Tues Jun 29</p> <p>Continental Breakfast <b>Trip to HardRock</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Mon Jun 7</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Wal-Mart</b> Lunch</p>	<p>Fri Jun 18</p> <p>Continental Breakfast <b>Father's Day Party and Birthday Celebrations w/ Spookey Jones</b> <b>Computer Class</b> Lunch</p>	<p>Wed Jun 30</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>
<p>Tues Jun 8</p> <p>Continental Breakfast <b>Helping Hands Medical Equipment</b> Socializing <b>Computer Class</b> Lunch</p>		
<p>Wed Jun 9</p> <p>Continental Breakfast <b>Bingo</b> Socializing <b>Computer Class</b> Lunch</p>	 <p>Sun, 20-Closed</p> <p><b>Father's Day</b></p>	
<p>Thur Jun 10</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Computer Class</b> Lunch</p>	<p>Mon Jun 21</p> <p>Continental Breakfast <b>Enhance Fitness</b> Socializing <b>Wal-Mart</b> Lunch</p>	
<p>Fri Jun 11</p> <p>Continental Breakfast <b>Enhance Fitness</b> <b>Flippers Movie Theater</b> <b>Computer Class</b> Lunch</p> <p>Quiz Answers 1) 9 2) True 3) 75 4) 144</p>	<p>Tues Jun 22</p> <p>Continental Breakfast <b>Vista HealthCare Services</b> Socializing <b>Computer Class</b> Lunch</p>	<p><b>SPECIALIZED SERVICES:</b> <b>HIV Testing:</b> <b>Each Wednesday 10am</b> <b>Commodity Food Distribution:</b> <b>First Wednesday of the Month 8am</b> <b>Blood Pressure Testing</b> <b>Bi-weekly (Mondays only) 9am</b> <b>Wellness Screening</b> <b>Each Wednesday 9am</b></p>



Come join us at  
the Senior Center!

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## SENIOR SERVICES DEPARTMENT PROGRAM STAFF

CPPrimary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

Mayor Joy Cooper

Vice Mayor William Julian

Commissioner Keith London

Commissioner Dorothy Ross

Commissioner Anthony Saunders

City Manager D. Mike Good



MARIAN McCANN-COLLIEE

CORA T. DAISE

VICTOR DE SOUZA

BEVERLEY WRIGHT

IVY WILLIAMS

MYRIAM RODRIGUEZ

HUNTLEY WALKER

MIRTA BOURG

JOHN EDWARDS

VINCENT MUTARELLI

ANGELA BELCHER

### PARTNERSHIP PERSONNEL

#### AARP ASSISTANT STAFF

LEONE JEAN LOUIS / RUTH WATT

MARGARITA AVILA/ SERGIO AYALA

GLORIA EARLE

#### NOVA UNIVERSITY STAFF

DEBBIE CARTWRIGHT

#### UNIVERSITY OF FLORIDA STAFF

DONNA CLERKIN

#### BROWARD MEALS ON WHEELS STAFF

JANIE JACKSON

### MISSION STATEMENT

The Human Services Department provides comprehensive social services for children, adults and families to enhance education, wellness and self sufficiency through partnerships that will empower individuals, strengthen the community and improve the quality of life.

*We are here to serve!*

## Helpful Phone Numbers

City of Hallandale Beach Human Services.. 954-457-1460  
City of Hallandale Beach Fire.....954-457-1470  
City of Hallandale Beach Police.....954-457-1400  
First Call for Help.....211 or 954-537-0211  
Abuse Hotline..... 1-800-962-2873  
The Abuse Registry..... 1-800-342-9152  
Aging & Disability Resource Center.....954-745-9567  
Consumer Hotline.....1-800-435-7352  
Medicare Hotline.....1-800-633-4227  
Broward Elderly & Veteran Services.....954-537-2936  
Broward ADA Para transit Services.....954-357-6794  
Broward Meals On Wheels.....954-731-8770  
Memorial Regional Hospital.....954-987-2000  
Senior Law Project.....954-765-8955



### Need a ride to the Senior Center...

Transportation services are offered free of charge, Monday thru Friday to all registered members of the Human Services Department Senior Center.



Sponsors: City of Hallandale Beach, State of Florida  
Department of Elder Affairs, Aging and Disability Resource Center of Broward